

Neuromodulator pretreatment instructions:

- To avoid bruising it is best not to take any anti-inflammatory medication or pain relievers that are blood thinners such as aspirin, Advil, or Motrin for 3 days.
- Avoid the following vitamins & supplements: Vitamin E, Fish Oil, Omega 3 fatty acids, Ginkgo biloba, Garlic, Ginger, cayenne, licorice, flaxseed oil, and COQ10 for 3 days.
- Avoid drinking alcohol the day of a treatment since it, too, is a blood thinner.
- Always inform your healthcare provider of all medications including antibiotics, high blood pressure medication, Coumadin, Plavix, or other blood thinners as well as your medical history.
- If you have a history of cold sores (Perioral Herpes) please consult with your primary care provider prior to receiving neuromodulator treatment.
- If you tend to bruise easily, start taking Arnica, an oral homeopathic medication 3-4 days before treatment to help promote healing, minimize bruising and swelling. It is available at health food stores. It comes in an oral tablet and a topical gel/cream. The gel/cream may be helpful after treatment.

Other important information:

- Patients should be in good overall health.
- Do not use neuromodulators if you are actively trying to get pregnant, are pregnant, or breastfeeding.
- Do not use neuromodulators if you suffer from any neurological disorders.
- Active skin infections are a contraindication to treatment.
- It is not recommended to have neuromodulator treatments less than 90 days apart unless it is a touch-up or treatment of a different area.
- The most common side effects are bruising and swelling. It is NOT advisable to have injections less than 2 weeks before a big event.
- Schedule a follow-up appointment 2 weeks after treatment.

Neuromodulator posttreatment instructions:

- Do not manipulate the treated area for 3 hours following treatment. Do NOT receive facial/laser treatments or microdermabrasion after neuromodulator injections for at least 10 days.
- Do not lie down for 4 hours after your neuromodulator treatment. This will prevent the medication from tracking into the orbit of your eye and causing drooping eyelid.
- It can take approximately 4 to 7 days for results to be seen. Please note that results are not guaranteed.
- Do NOT perform activities involving straining, heavy lifting, or vigorous exercise for 6 hours after treatment. This will help to keep the medication in the injected area from moving elsewhere.
- Bruising varies between patients and may be expected. Minimum bruising may occur and should resolve within 2-3 days. On a rare occasion, bruising may be more significant and can last up to 7-10 days.
- It is normal to feel "firmness" in the injection area(s) for the first few days after treatment. Over time, the area will soften, leaving you with a natural-looking result.